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EDUCATING OUR SMALL SCHOLARS, PGS 12-14

Beauty pg 17

Do we like a little meat on the bones?

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Celebrity Buzz

Perry tops Maxim Hot 100

pg 20

Twitter celeb followers back in their places

SOCIAL MEDIA For about one hour yesterday Twitter users appeared to have lost all followers — a side-effect as the company worked to fix an unrelated glitch.

The flaw, which Twitter said it has fixed, allowed users to add anyone else as a follower, including celebrities. Normally, the other person has to initiate such "following."

For a time, those celebrities really did become their audience and received the tweets from people who had fraudulently added them as followers. It's unclear how long the flaw existed.

THE ASSOCIATED PRESS

Food pg 15

Great steak adventure

On the web
Visit metronews.ca for news updates

JONATHAN HAYWARD/THE CANADIAN PRESS

Marc Emery speaks to reporters outside the B.C. Supreme Court in Vancouver yesterday as his wife, Jodie, looks on. Shortly after, Emery turned himself in to be extradited to the United States.

'Prince' ordered to U.S.

Pot seller Marc Emery loses extradition fight, faces 5 yrs in prison

Vancouver's self-styled "Prince of Pot" was ordered extradited to the United States yesterday, ending his high-profile five-year battle to avoid U.S. drug charges related to his Canadian seed-selling business.

The federal Justice Department announced that the minister had signed off on Marc Emery's extradition to Washington state. He could be turned over to American authorities within days.

As he surrendered himself to sheriffs in Vancouver earlier in the day, not yet sure whether he would be extradited, Emery urged his supporters to punish the Conservative government if he ended up in the U.S.

"If I'm extradited, I've told my supporters that every Conservative member of Parliament is to be hounded endlessly and unmercifully until they are defeated in the next or following elections," Emery told reporters, his wife by his side.

Emery had been out on bail since last fall as the federal justice minister considered whether to allow the extradition.

He was charged by a U.S. grand jury in 2005. American prosecutors allege he has sold about four million marijuana seeds through his magazine and website, and that 75 per cent of those went to customers in the U.S.

Last year, he reached a deal with American prosecutors to plead guilty. In exchange, he was given a five-year prison sentence and his two co-accused received probation.

One of Emery's lawyers, Kirk Tousaw, said Emery would be applying to serve his sentence in a Canadian prison.

THE CANADIAN PRESS

Agent undercover

- Documents obtained by Emery's lawyer reveal that a U.S. undercover agent posing as a marijuana seed buyer worked in Canada to secure the criminal charges filed against Emery in Washington state.

ShareYourViews
vancouverletters@metronews.ca

Salo's injury plays out online

ICING Social media has just been nuts with pun-loving wit after Sami Salo, Vancouver's injury-prone rearguard, was hit by the puck in the nethers Sunday and dropped to the ice in considerable agony.

Although media later refuted it, at the time Salo's injury was rumoured to be a ruptured testicle.

A Facebook page, purporting to give a first-person account of the defenceman's injury, was launched only minutes after Salo was taken from the arena on a stretcher.

"Wishes you could have heard Sami's voice today," wrote the author as he updated his status yesterday. Later, he admitted it was "hard to type while covered in frozen vegetables."

By noon yesterday, almost 1,400 people "liked it." By 5 p.m. that number had jumped to nearly 2,000.

The page's wall was littered with testicle puns as well as condolences to the oft-injured defenceman.

Fans on Youtube even created a mock "History Will Be Made" video of the event.

Salo, who is one of Vancouver's top four defencemen, is day-to-day with an undisclosed injury and is doubtful for today's Game 6 in Vancouver.

JEFF HODSON/METRO VANCOUVER

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SCANLIFE

Local

Transit deal for season ticket holders

TransLink is teaming up with the B.C. Lions to offer a MultiPass for season ticket holders. The $58.78 pass offers unlimited transit use to Empire Field on game days and a discount on West Coast Express. With 10 home games, that's less than $6 per game day.

METRO VANCOUVER

Celebrations for Vancouver's 125th birthday in works

COMMITTEE Preparations are underway for Vancouver's 125th birthday next year.

A committee was struck in February with an arts and culture focus to look at programming opportunities for the anniversary of the city's incorporation, April 6, 1886.

"I'd like to see a recognition of Vancouver's history," said Coun. Suzanne Anton, who is part of the committee and hopes the programming will include a Vancouver song contest.

A report to council is expected in June and the budget for the celebrations will likely be in the order of a couple of million dollars.

Celebrations for the city's centenary in 1986 included a centennial tartan and a "museumobile" that toured the city with various historical artifacts and documents. METRO VANCOUVER

News in brief

EXHIBIT The Vancouver Museum is running a new exhibit that explores the history and evolution of the John Fleuvog and Peter Fox brand. Fox, Fleuvog & Friends features 150 shoes dating from 1968 and 2000, as well as sketches and photographs. The exhibit kicks off Friday and runs until Sept. 26. METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Video Canada's self-styled 'Prince of Pot,' Marc Emery, ordered extradited to face five-year sentence in a U.S. prison at **metronews.ca/canada**

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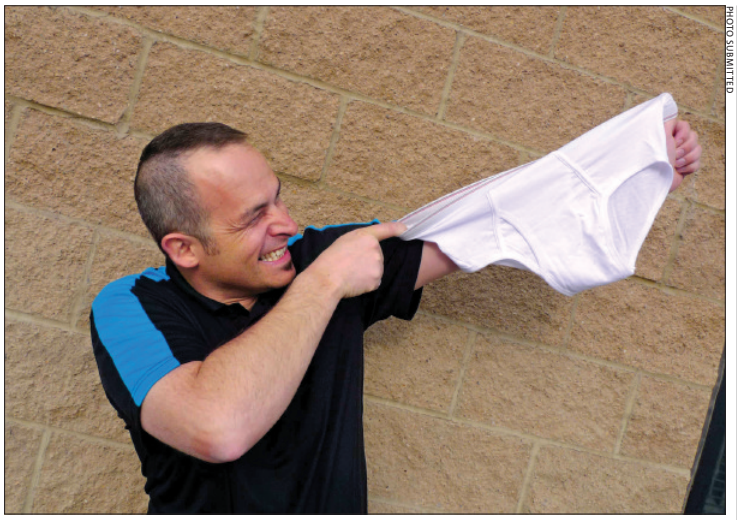

PHOTOS SUBMITTED

Brent King is brainchild of Got Ginch. The cross-Canada campaign aims to deliver 30,000 pairs of men's underwear to homeless shelters.

Good brief: Men in need to get skivvies

RV delivering garments to shelters across Canada

KRISTEN THOMPSON
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An RV carrying 30,000 pairs of men's underwear for homeless shelters across the country is making its first stop in Vancouver to distribute the much-needed unmentionables to the Union Gospel Mission.

The cross-Canada underwear drive — called Got Ginch — was started last year by Calgarians Robb Price and Brent King, who are hand-delivering underpants to 10 shelters from Vancouver to Halifax starting on Friday.

"If you ask people who run the shelters ... underwear is one of the first items people look for when they come in," said Price.

"The first step to recovery for many of these people is to rebuild dignity and self-esteem. A clean pair of underwear is helpful in that process."

He added that underwear is often hard to come by at shelters because they don't accept used pairs, and people often feel uncomfortable donating new ones.

"We've focused on (donating to) men only," Price said. "A couple of guys driving across the country with a van full of women's underwear is creepy. If we find someone willing to take on that (female) challenge, we'd definitely help them with that."

The underwear and 14-day trip are funded through donations.

"It's exciting ... to see places I haven't been before," said Price. "And it's a bit of a personal challenge to spend that much time behind the wheel."

Online

- For more information visit delivergood.org/gotginch.

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Bike lane is proof bridge doesn't need to be widened: Councillor

BURRARD An ongoing bike-lane trial on the Burrard Bridge may save the city an estimated $30 million, a city councillor said yesterday.

The bridge trial, which began in July, eliminated one lane of vehicle traffic in order to create two bicycle lanes.

It has demonstrated, said Coun. Geoff Meggs, that the aging bridge does not need to be widened in order to accommodate bike lanes.

"(The trial) wasn't just successful from a cycling standpoint," Meggs said. "It demonstrated that not only was the $30 million not affordable, it wasn't necessary."

"(The bike-lane trial) demonstrated that not only was the $30 million not affordable, it wasn't necessary."
Coun. Geoff Meggs

In 2008, the city estimated it would cost $62 million to widen the sidewalks to accommodate bike lanes and to complete extensive repairs on the almost 80-year-old bridge. The proposed widening is vigorously opposed by heritage groups.

"It preserves the heritage character of the bridge. It improves the cycling connections and it saves a lot of money, but there still has to be a major remediation done."

The bridge repairs, which Meggs said are included in the capital plan, are estimated at around $30 million.

Meggs said city staff are preparing a report to council on repairs and a final design for the bridge's intersections.

JEFF HODSON/
METRO VANCOUVER

Police credit help for homeless, ailing for significant crime drop

STATS Property crime has taken a five-year nose dive in Vancouver and police give much of the credit to help that's available to those who are homeless, drug addicted and mentally ill.

Deputy Chief Const. Warren Lemcke told a crime seminar yesterday that on average, the property crime rate went down by 40 per cent between 2004 and 2009.

But other crime statistics dropped even more dramatically during that time, including a 66 per cent drop in theft from motor vehicles and a 49 per cent cut in break and enter to residences.

Lemcke said support for people on the fringes of society has been a major part of the solution.

"It's key to getting support for people that need it and to getting them inside, getting them warm, getting them food so that they're not having to do crime to survive."

He also credited the introduction of programs like Bar Watch, which keeps gang members out.

But more work is needed to deal with chronic offenders.

"There's no way that somebody should be walking around ... with 130 convictions and still doing crime," Lemcke said, calling for stiffer sentencing.

THE CANADIAN PRESS

PSA
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New Aiyansh set to celebrate Nisga'a treaty anniversary

It took more than 100 years of on-again, off-again negotiations to reach a deal, and now the Nisga'a treaty, hailed as British Columbia's first modern-day treaty, is 10 years old. Anniversary ceremonies are set for today in the small Nisga'a village of New Aiyansh, located almost 1,500 kilometres northwest of Vancouver. THE CANADIAN PRESS

Whale watchers riding recent wave

LAURA FORTEY
for Metro Vancouver

Last week's sighting of a grey whale in False Creek and of hundreds of dolphins in Lions Bay have given a boost to local whale watching companies.

Sofia Joensuu, a naturalist with Vancouver Whale Watch in Southwest Richmond, said yesterday there's been an increase in calls. "It definitely sparks interest ... it makes people realize what we've got," said Joensuu.

She added that the fishing village of Steveston, where Vancouver Whale Watch has operated for 12 years, is a great alternative to travelling all the way to Victoria for a tour.

Richard McFeeters, a tourist from Northern Ireland who was aboard the Vancouver Whale Watch boat yesterday, said he chose to leave from Richmond to save time.

"The shuttle picked me up from downtown ... it's so convenient," said McFeeters, who found the tour company on tripadvisor.com.

With whale watching season beginning in mid-April, the odds of spotting a whale improve to roughly 98 per cent in June, July and August.

Most whale watching companies guarantee a sighting, which means clients who don't see a whale can return for free at any time until they see one.

SUBMITTED PHOTO

LAURA FORTEY/FOR METRO VANCOUVER

LAURA FORTEY/FOR METRO VANCOUVER

Above: An orca whale sighted by Vancouver Whale Watch. Far right: California sea lions lie just off the shore of Steveston Village in Richmond yesterday. Below right: A B.C. Ferries vessel passes by a pod of seals near the Gulf Islands yesterday.

News in brief

STABBING A new trial has been ordered for a B.C. woman convicted of killing her boyfriend in a drug- and alcohol-fuelled argument. Martha Kahnapace is accused of intending to kill Donald Wall when she stabbed him in the chest.

WHALE Fisheries officers plan to conduct a necropsy in Abbotsford on a killer whale calf that washed up on a Victoria-area beach, CBC News Online reports. The orca was found by a family walking near Point No Point. The 2.5-metre whale still had its umbilical cord attached. Researchers say it is not uncommon for killer whales to die soon after being born.

THEFTS RCMP are on the hunt for a middle-aged man believed to be responsible for a string of armed robberies at Langley fast food restaurants and one gas station. The suspect or suspects wore dark clothing and fled on foot in each case. METRO NEWS SERVICES

Got the rhythm? PNE looking for dancers

KRISTEN THOMPSON
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PERFORMING The PNE is holding open auditions for the chance to appear in its 100th anniversary opening ceremony and three daily performances during its annual fair at the end of the summer.

The auditions are being held on May 30, with registration beginning at 8 a.m. for a role in KC Bear's Street Party parade.

Tryouts for the 100 Years of Fun Parade begin at 9 a.m. and at 11:30 a.m. for KABOOM, a pyro musical spectacular.

Organizers are looking for enthusiastic dancers with a strong background in jazz dance for KABOOM and the 100 Years of Fun parade.

Candidates chosen for KC Bear's Street Party should be good with children and be able to improvise and interact with an audience. Cast members may also be selected to perform in the PNE opening ceremony on Aug. 21 at Empire Field Stadium.

For more information visit pne.ca.

Experts in sea animal medicine to meet

KRISTEN THOMPSON
kristen.thompson@metronews.ca

CONFERENCE Vancouver is playing host this week to more than 200 of the world's top minds in marine animal medicine.

The 41st annual International Association For Aquatic Animal Medicine conference, which runs until Thursday, is a great opportunity for the city to showcase its conservation, education and research programs, said Martin Haulena, staff vet at the Vancouver Aquarium.

"We have some great diagnostic equipment and can provide top-notch care for animals." Martin Haulena

"It's very easy for me to say that we are a global leader in medicine and research for aquatic animals," he said.

"We have some great diagnostic equipment and can provide top-notch care for animals."

The conference, Haulena said, offers a unique opportunity for experts to bring problems from their facilities, put their "heads together" and come up with solutions.

"We just had a session on viruses and there are so many diseases that we're just starting to understand," he added. "For me it's really neat to see what all my friends have been up to for the last year."

Hockey leagues on way to Oval
Adult hockey leagues are coming to the Richmond Olympic Oval. Canlan Ice Sports said its Adult Safe Hockey Network will start play this September. THE CANADIAN PRESS

Anti-HST petition hits 400K names

The anti-HST petition in B.C. has reached another milestone.

Organizer Chris Delaney says his group has signed up 10 per cent of registered voters in 56 B.C. ridings, or a total of about 400,000 names.

There are eight weeks to go in the drive to collect the names of 10 per cent of registered voters in all 85 ridings and Delaney says canvassers are on track for reaching that goal.

He also says the latest figures show a big jump in signatures in Vancouver and Burnaby, meaning those areas are now keeping pace with the rest of the province in terms of those opposed to the harmonized sales tax.

Delaney says the Fight-HST campaign has become much more than just a petition, and that it's now a referendum on the tax and the government that brought it in. Fight HST leader Bill Vander Zalm says the B.C. government should repeal the tax.

THE CANADIAN PRESS

Man in police custody after Sun Runner stabbed in face

CRIME Vancouver police have arrested a 36-year-old Vancouver man after a Sun Run participant was stabbed in the face after finishing the race.

The victim, a 36-year-old Surrey man, was at the baggage claim area at the south end of Carrall Street on Sunday morning when he was attacked, said Const. Lindsey Houghton.

"Several witnesses saw someone run up behind him, hit him in the head and strike him in the cheek with a weapon," Houghton said.

"Several witnesses saw someone run up behind him, hit him in the head and strike him in the cheek with a weapon."
Const. Lindsey Houghton

"When the assailant ran off north towards Expo Boulevard, several Sun Run participants gave chase. They caught up to him a short distance away and held him until police arrived."

The victim was treated in hospital for a cut to his cheek and injury to his sinuses. Calvin George Walker has been charged with assault with a weapon and possession of a weapon.

METRO VANCOUVER

Surrey man faces child assault rap

GUILDFORD A 36-year-old Surrey man has been arrested and charged with breaking into a Guildford home and sexually assaulting a nine-year-old girl.

Kyle Berkson was arrested after an intensive Royal Canadian Mounted Police investigation into the assault of a child on April 23, said Const. Peter Neily.

"There is no further risk to the public related to this offence," Neily said.

"The members of the Surrey RCMP worked tirelessly to ensure that public safety was maintained following this incident, while conducting a thorough investigation into this serious offence."

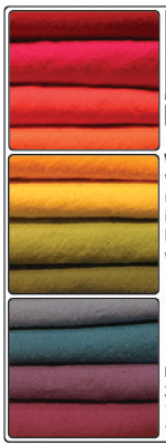
METRO VANCOUVER

News in brief

POISONED BIRDS Four bald eagles found poisoned near the Campbell River landfill last week have been released back into the wild, but a fifth more seriously ill bird is still in treatment, CBC News Online reports. Blood tests confirmed the eagles had overdosed on barbiturates after feeding on a dead dog that had been euthanized and dumped at the landfill.

INJURED POLICE A crash early yesterday morning in downtown Vancouver has sent two city police officers to hospital. Vancouver police Insp. Brad Desmarais says the two officers suffered undetermined injuries as they responded routinely to a call at about 12:30 a.m.

METRO NEWS SERVICES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Work begun on deepest-ever underwater oil well

Chevron Canada Ltd. has begun work on the deepest oil well ever drilled in Canadian waters. The drill ship Stena Carron started sinking the well Sunday night 430 kilometres northeast of St. John's. The company is promising to be careful in the wake of the current oil disaster in the Gulf of Mexico. METRO NEWS SERVICES

Canada

Williams sued over alleged sex attack

A woman is suing Col. Russell Williams for an alleged sexual attack. The 21-year-old plaintiff, identified only as Jane Doe, claims she has been suicidal and dealing with drug and alcohol dependencies since being attacked in her home on Sept. 17, 2009. She says in the suit she was terrified Williams would kill her or her infant daughter when Williams allegedly broke into her Tweed, Ont.-area home and tied her up, blindfolded her, forced into sexual acts and photographed her over two hours. THE CANADIAN PRESS

Guergis speaks

Former Tory still doesn't know why she got the axe

Speaking out for the first time since Prime Minister Stephen Harper kicked her out of cabinet and the Tory caucus a month ago, Helena Guergis says she still doesn't know the reason why.

The beleaguered former junior cabinet minister told CBC's the National last night that she repeatedly pleaded with Harper to explain exactly what the allegations were against her.

But she said that neither Harper, nor a party lawyer he referred her to, have told her what she's accused of.

"I still don't know what it is I'm supposed to have done," Guergis told the CBC. Guergis, her voice breaking with emotion, said she's been hurt by Harper, who she thinks dislikes her husband, ex-Tory MP Rahim Jaffer.

> **"I just kept saying, 'Well, what have I done?'"**
> Helena Guergis, former Tory MP

"If he doesn't like my husband, which I think is pretty clear, that shouldn't damage my working relationship, especially in light of the fact that I have done a good job," she said.

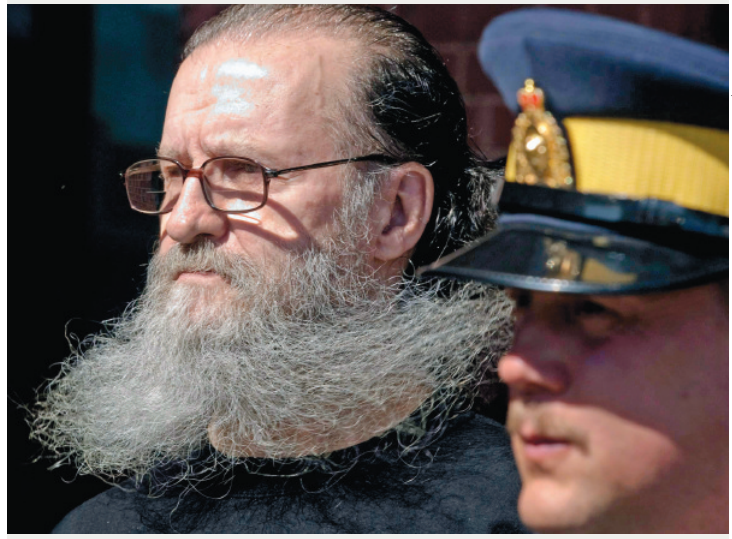
Guergis told CBC that in a phone call she received while on vacation, Harper referred to serious allegations of "criminal behaviour" without mentioning any specific allegation. She said Harper discussed her husband and his alleged involvement with drugs, as well as media reports about the couple.

"I was very emotional and, and I know was crying at one point because I was in shock," said Guergis as she spoke of the five-minute call. "I just kept saying, 'Well, what have I done? Can you please tell me exactly what have I done, so that I can, I can address this."

Guergis had made only one public appearance — at a riding association meeting — since being turfed from cabinet on April 9.

THE CANADIAN PRESS

Moncton **Accused to undergo psych evaluation**



ANDREW VAUGHAN/THE CANADIAN PRESS

Romeo Jacques Cormier, seen here being escorted from court in Moncton, N.B., on March 25, has been ordered to undergo a psychiatric evaluation. The 62-year-old New Brunswick man is accused of kidnapping a Moncton woman, who was allegedly held captive in a basement for almost a month.

Woman now set to marry after ordeal

DUBAI After 2½ years held against her will in Saudi Arabia by her father, described as a conservative Muslim who disapproved of her boyfriend, Canadian citizen Nazia Quazi has finally reached Dubai and was expected to be married by early this morning.

Her boyfriend, Bjorn Singhal, said in an interview from Dubai that he and Quazi, along with parents from both sides, planned to head to the courthouse there to file a marriage application.

Quazi arrived in Dubai yesterday after a years-long ordeal during which she agitated publicly to be released from her father's control. According to Quazi, her father took advantage of Saudi Arabia's male guardianship system — even though he's not of Saudi descent — and confiscated her travel documents and refused to let her go.

Nazia Quazi

In the last few weeks, however, Quazi Malik Abdul Gaffar seems to have changed his mind. After she and her father touched down in Dubai, Singhal met them at a restaurant.

"I knew she wasn't even comfortable hugging me" in her father's presence, Singhal said. "But I hugged her anyways."

Singhal, 29, said he and Quazi, 24, were nervous talking to the parents about the marriage, but that her father's attitude seemed to have changed. "He hugged me, he spoke nicely to my mom. He said, 'I only wanted the kids' happiness.'"

The father explained that the "kids chose the wrong path," Singhal said. "I didn't want to argue with him. Let him blame us as he wants. I just want the marriage to be done and over with."

TORSTAR NEWS SERVICE

EU plan 'credible': Flaherty

FINANCE Canada's finance minister says the latest effort to contain a spreading government debt crisis in Europe, shore up the Euro and prevent the global economic recovery from derailing is "comprehensive and credible."

Jim Flaherty spent the weekend on the phone with many of his foreign counterparts as they discussed the latest economic crisis and the European Union's commitment of $1 trillion to help prop up financially troubled governments.

"This was important in order to maintain confidence," said Flaherty, who was in Halifax yesterday on an unrelated matter.

"We're all watching the impact, particularly the European ministers ... There are a few economies that need to fiscally consolidate. I expect some more discussions with respect to financial regulation reform and trying to accelerate that agenda."

THE CANADIAN PRESS

News in brief

POLITICS Last-minute negotiations were scheduled for this morning to decide whether there's any chance of meeting Speaker Peter Milliken's deadline for the government to turn over Afghan detainee documents TORSTAR NEWS SERVICE

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Mass grave found in Serbia
A mass grave has been discovered in Serbia believed to contain the bodies of 250 ethnic Albanians who were killed in Kosovo during the 1998-99 Serbian crackdown on separatists, officials said yesterday. THE ASSOCIATED PRESS

World

Obama taps law dean for Supreme Court

U.S. President Barack Obama yesterday nominated 50-year-old former Harvard law dean Elena Kagan to a lifetime seat on the U.S. Supreme Court, an appointment that could leave his mark on the high court for decades. If confirmed by the Senate, Kagan would become the third woman on the nine-member court. THE ASSOCIATED PRESS

Basra **Dangerous day**

NABIL AL-JURANI/THE ASSOCIATED PRESS

An Iraqi soldier stands guard yesterday at the site of a bombing in the southern Shiite port city of Basra, Iraq. Police said the southern city was hit with three bombings, which were the latest in a series of attacks killing nearly 100 across Iraq, the deadliest day this year.

British PM calling it quits

Gordon Brown will resign even if Labour Party forms coalition

British Prime Minister Gordon Brown made a dramatic bid to keep his beleaguered Labour Party in power after it was punished in elections last week, announcing yesterday he will resign by September at the latest even if the Liberal Democrats — being wooed by the Conservatives — decide to join his party in government.

Gordon Brown

The political theatre, played out in front of the iconic black door of No. 10 Downing Street, comes as David Cameron's Conservatives — which won the most seats in Parliament but fell short of a majority — struggled in their attempts to win over the third-place Liberal Democrats.

Results

- No party won outright, resulting in the first "hung Parliament" since 1974 and triggering a frantic scramble between Gordon Brown's Labour and the main opposition Conservatives to broker a coalition with the Liberal Democrats.

Brown's party has been willing to entertain supporting the Liberal Democrats' demand for an overhaul of the voting system toward proportional representation, which would greatly increase that party's future seat tallies. But evening brought a further twist with a counter offer from the Conservatives of a referendum on a less dramatic type of electoral reform.

While uncertainty prevails one thing appears certain: The career of Brown — the treasury chief who waited a decade in the wings for his chance to become prime minister — is winding to an end.

THE ASSOCIATED PRESS

Government threats force Chinese AIDS activist to flee to the U.S.
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Torrential rains kill at least 70 in China: Report

WEATHER Torrential rains caused by the El Nino weather phenomenon have swept across parts of southern China, toppling homes, destroying crops and killing at least 70 people, state media reported early today. More flooding was expected.

Flooding caused by the heavy rains — which started a month earlier than normal — damaged more than 80,000 homes and large swaths of cropland, affecting more than 10 million people across 13 provinces and cities, the State Flood Control and Disaster Relief Headquarters said on its website.

"South China has already entered its flood season, one month earlier than in past years. The biggest floods have yet to come," Sun Jun of the National Meteorological Center was cited as saying by the official Xinhua News Agency.

The areas include the provinces of Guangdong, Chongqing, Sichuan, Fujian, Jiangxi, Hunan and Zhejiang.

Sun said the extreme rains were caused by El Nino, which has linked hot, wet air from southern China with cooler air travelling south from northern China, according to Xinhua.

In some areas, such as Guangdong province, the thunderstorms have cut power lines, toppled homes and bridges, submerged roads, and caused rivers to overflow, forcing the relocation of 145,000 people in less than a week, Xinhua said.

THE ASSOCIATED PRESS

News in brief

OIL SPILL A remote-controlled submarine shot a chemical dispersant into the maw of a massive undersea oil leak yesterday, further evidence that authorities expect the gusher to keep erupting into the Gulf of Mexico for weeks or more.

PHILIPPINES Sen. Benigno Aquino III took an early, commanding lead in presidential polls on a promise to begin prosecuting corrupt officials within weeks to restore credibility to the country's graft-ridden government agencies.

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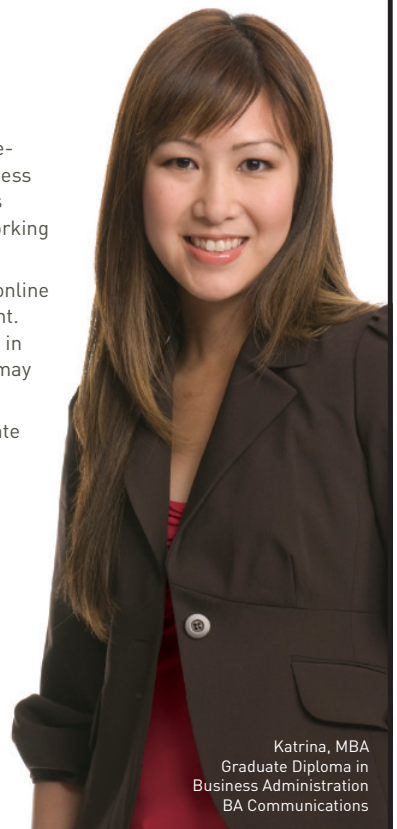

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Comment

Black cloud hovering

It was just a year and a half ago that Liberal Jean Charest won a majority government in Quebec. That was nice, we all thought. All was well with federalism. The separatist movement would be on its derriere for many more years to come. The next election wasn't due until 2013.

As for Charest, it was smooth sailing. He was doing so well that there was talk of him leaving the provincial scene one day and perhaps returning to Ottawa. He was a former Tory leader and could perhaps become leader of that party again. Or, being a Liberal, he could perhaps lead that federal formation.

Politics being politics, all has gone awry. Charest is in the dumpster, the Parti Québécois is leading in Quebec, an election could be called within a year or two, and the separatists could be back in power.

In politics two things can rock a government — scandal and a bad budget. One is punishing enough. Get two in the same time frame and look out. That's what has happened to Charest's Liberals. They've had both.

Given that the setbacks have happened early in his five-year term, there would normally be time to recover. But that's not necessarily the case. The Liberal majority in Quebec is razor thin. The National Assembly has 125 seats and Charest has 66 of them. But discount the Speaker, a member with cancer and a member who has just been expelled and he's down to 63, a one-seat majority. Given a defection or two, or byelection losses, and the majority is gone.

"Politics being politics, all has gone awry. (Jean) Charest is in the dumpster, the Parti Québécois is leading in Quebec ..."

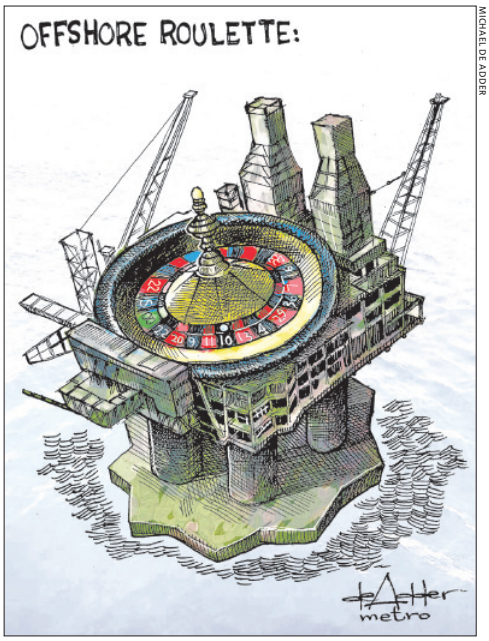
Charest has launched an inquiry into allegations by his former justice minister that the appointment of judges was being dictated by Liberal bagmen. Last week came another bombshell when Charest expelled Tony Tomassi, a cabinet member caught up in allegations of kickbacks. Before all this, Charest's belt-tightening budget, designed to attack the deficit, squeezed too tight on most stomachs and was met with public scorn.

The latest poll shows Pauline Marois' Parti Québécois winning a majority with 41 per cent of the vote. The Liberals are at 30 per cent. It need be remembered also that the separatists are doing well at the federal level with the Bloc Québécois holding a big lead over federalist formations.

For many years, the sovereignty option has been dormant. It was a pleasant respite. The country was able to get on with other things without that black cloud overhead.

But so much for the respite. In the space of a couple of months, the black cloud has returned.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

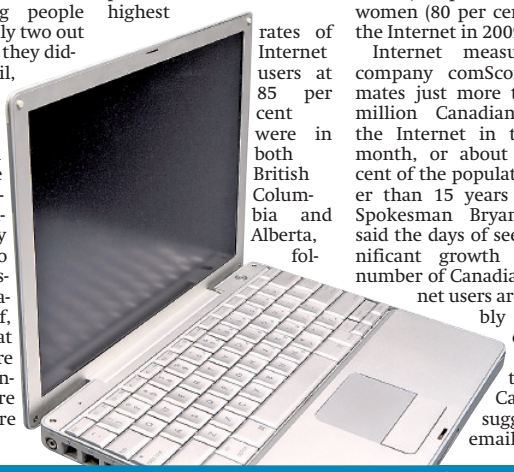
Worth mentioning

Who isn't using the Internet in Canada?

A new Statistics Canada study released yesterday found 80 per cent of Canadians aged 16 and older, or 21.7 million people, used the Internet for personal reasons last year, up from 73 per cent in 2007.

Among young people aged 16 to 24, only two out of every 100 said they didn't send an email, surf the web or visit Facebook last year.

"There's an age group where the usage is approaching saturation, there's very little room to grow," said Statistics Canada analyst Ben Veenhof, who added that not only are more people going online, but they're staying there longer.



While Newfoundland and Labrador and New Brunswick had the lowest percentages of citizens online, with 69 and 73 per cent, they had the largest growth since 2007 with 15 per cent increases. The highest rates of Internet users at 85 per cent were in both British Columbia and Alberta, followed by 81 per cent in Ontario.

Calgary and Saskatoon were the most online-savvy cities, with web-usage rates at 89 per cent apiece.

A similar proportion of men (81 per cent) and women (80 per cent) used the Internet in 2009.

Internet measurement company comScore estimates just more than 22 million Canadians used the Internet in the last month, or about 73 per cent of the population older than 15 years of age. Spokesman Bryan Segal said the days of seeing significant growth in the number of Canadian Internet users are probably near over.

Statistics Canada suggested email was the most popular online activity among Canadian Internet users — 93 per cent said they emailed, 78 per cent said they browsed the web, and 75 per cent said they used the Internet for checking the weather or traffic.

THE CANADIAN PRESS

75

Of those who identified themselves as Internet users, 75 per cent said they were online every single day, up from 68 per cent in 2007. Fifty-five per cent said they used the Internet for five hours or more in a typical week, compared with 49 per cent in 2007.

Noteworthy

UN report says planet falling short on preserving species

Far too many of the world's plants and animals — and the wild places that support them — are at risk of collapse, a UN report finds, despite a global goal set in 2002 for major improvement by this year.

Frogs and other amphibians are most at risk of extinction, coral reefs are the species deteriorating most rapidly, and the survival of nearly one-quarter of all plant species is threatened, the UN Convention on Biological Diversity said yesterday in a report issued every four years.

The outlook on the planet's ecological diversity and health is produced under a 1993 treaty since joined by most of the world's nations. It says the planet is falling short of its goal to achieve by this year "a significant reduction in the current rate of biodiversity loss at the global, regional and national levels."

Pollution, climate change, drought, deforestation, illegal poaching and overfishing are among the many culprits named.

UN Secretary-General Ban Ki-moon warns in the report that the consequences of "this collective failure" will be severe for everyone on the planet if it is not quickly corrected.

THE ASSOCIATED PRESS

Quote of the Day

"I want to see any Kandahari, any Afghan, to have the life that people have in countries like Canada and the United States."

— TOORYALAI WESA, AN AFGHAN-CANADIAN GOVERNOR OF KANDAHAR PROVINCE, TALKING ABOUT AN END TO HOSTILITIES WITH THE TALIBAN IS WITHIN THE REALM OF POSSIBILITY, BUT IT WILL TAKE A STRONG SHOW OF PATIENCE FROM THE INTERNATIONAL COMMUNITY BEFORE IT CAN HAPPEN.

THE CANADIAN PRESS

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Technology group promises tenfold increase in close-quarters data speeds
The industry group that supports Wi-Fi is adopting a new technology that should boost data speeds more than 10 times at short distances. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Markets respond to good news in Europe

Stock markets closed sharply higher yesterday as investors breathed a sigh of relief that the European Union is taking aggressive action to protect the euro currency and deal with a severe government debt crisis.

The S&P/TSX composite index jumped 255.47 points to 11,947.9 after the European Union and the International Monetary Fund pledged to make nearly $1 trillion US available in loans if needed to defend the currency and the eurozone.

However, analysts warned that although the moves are good news, it doesn't mean the problem that started out as a Greek debt crisis and morphed into wider worries about government default has gone away.

"It was nice to wake up this morning and see what the eurozone has done because they have actually helped alleviate some of those worries, but it's still a problem that needs to be dealt with," said Phillip Petursson, director of institutional equities at MFC Global Investment Management.

The good news from Europe came after markets fell heavily last week on worries that the debt crisis would spread from Greece to other countries with unsustainably high debt levels such as Spain and Portugal.

But gains on the Toronto market yesterday made up just half of last week's four per cent slide on the TSX. THE CANADIAN PRESS

Montana **Pot shop bombed**

THE ASSOCIATED PRESS

Billings police and fire departments investigate the scene of a fire bomb that was thrown through the front door of Montana Therapeutics, a medical marijuana store in Billings, Mont., early yesterday morning. The fire was quickly put out. Billings police are investigating.

Alleged Ponzi schemer says he needs money

LEGAL AID An alleged fraudster who calls himself the Chinese Warren Buffett says he needs legal aid to pay for his defence.

Weizhen Tang

Ahead of his Toronto court appearance yesterday, Weizhen Tang said he is prevented from trading and his money has been frozen.

Tang, 51, is charged with fraud amid allegations he ran a $30-million Ponzi scheme that defrauded dozens of investors in Canada, the U.S., and China.

After a brief judicial pre-trial meeting behind closed doors the case was put over until June 15.

Outside court yesterday Tang maintained his innocence. Tang says his hedge fund lost less than 20 per cent of its value, which he says is less than banks and other financial institutions lost during the economic downturn.

Tang, who was jailed in mid-January after flying back from China, was granted bail last month. THE CANADIAN PRESS

Ontario and B.C. to lead recovery: Report

ECONOMY Outstanding economic growth in Ontario and British Columbia will lead a nationwide recovery from last year's downturn, the Conference Board of Canada has predicted in a report.

Ontario and B.C. will see their economies grow by 3.8 per cent over last year, despite the planned introduction of the harmonized sales tax on July 1 expected to raise consumer prices in both provinces, the private-sector economic forecaster said in its Provincial Outlook report published yesterday.

Overall, the Canadian economy's gross domestic product is expected to be up 3.2 per cent compared with last year, which began with one of the deepest recessions in decades following the financial crisis that erupted in the final months of 2008.

"Considering the epic collapse of the global economy in 2008 and 2009, Canada's situation today is remarkably good," the board said in its provincial outlook. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Some investors overreacting to European debt crisis

Investing

"Most savvy investors ... were buying into this market at lower levels while traders and technical analysts with their computer models sold out."

Did all investors fearful of this market move to higher ground last week? I do not believe so.

In fact, most savvy investors in my belief were buying into this market at lower levels while the traders and technical analysts with their computer models sold out, driving the market lower. Thus the fear that is talked about, for the meantime, in my estimation, has been acted upon by the institutional investor and not the retail investor.

I believe the selloff to be overdone at this point (that is why the market rebounded so strongly yesterday). By no means am I belittling the problems in Europe, but I do not believe that there is any evidence at this time that the debt issues could spread. Spain just reported positive growth numbers and has had a successful bond offering to raise capital in the last week.

Investors that sold on last week's events are ignoring the general positives in the North American markets.

In Canada and the U.S., we are now seeing positive job growth, companies reporting great earnings — exceeding in most cases any estimates — and a consumer that seems to want to spend their money.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com

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How to make your passion pay

AlisonOnMoney

Consider the contest queen. Her name is Carolyn Wilman, an Oshawa, Ont., resident with a marketing background who's won everything from kilograms of Goldfish crackers to a trip to the set of a Harry Potter movie in England.

Wilman began entering contests not only for fun but to balance motherhood with the always important task of creating some income.

In her quest for free goodies she even combed neighbours' recycling boxes for the pin codes on packages to enter manufacturers' website contests.

I know, you're thinking dumpster diver!

But wait for what happened next. She parlayed her passion into a book, a dynamic website with tips (contestqueen.com) and a consultation service to companies to create and improve their promotion strategies.

Her story should be encouraging to those who have lost a job, are reluctantly considering a return to work after having a baby, or who are just plain sick of the rat race and want to do something different.

If you count yourself among the above group then I suggest you start by doing an inventory of your life.

List your skills, hobbies, passions, education, training and resources.

Then start thinking about how you might meld these interests and strengths into something that can make you some money and feed your soul.

But be practical!

Don't expect to quit your day job tomorrow.

Alison's Money Rule:

- With a little creativity and a lot of determination it is possible to make your passion pay.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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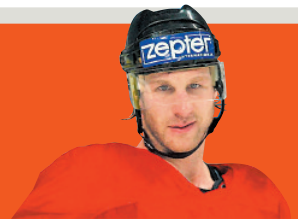
Talks break down in Glendale: Report

Negotiations between the city of Glendale and Ice Edge Holdings to purchase the Phoenix Coyotes have broken down, according to a CBC report. CBC said on yesterday's Hockey Night in Canada broadcast that Ice Edge did not get an exclusivity agreement with Glendale, which the group required to continue negotiations. THE CANADIAN PRESS

Sports



Canada loses its captain

Ryan Smyth is out of the IIHF World Hockey Championship. The Canadian captain, left, missed yesterday's 6-1 win over Latvia due to an ankle injury and the team said after the game he would not return to the lineup for the rest of the tournament. Coach Craig MacTavish indicated that a new captain would likely be named. THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

'We're a desperate team'

Canucks' playoff lives on the line against Blackhawks tonight

Their playoff status has improved slightly to serious from critical, but the Vancouver Canucks' Stanley Cup hopes are still at death's door.

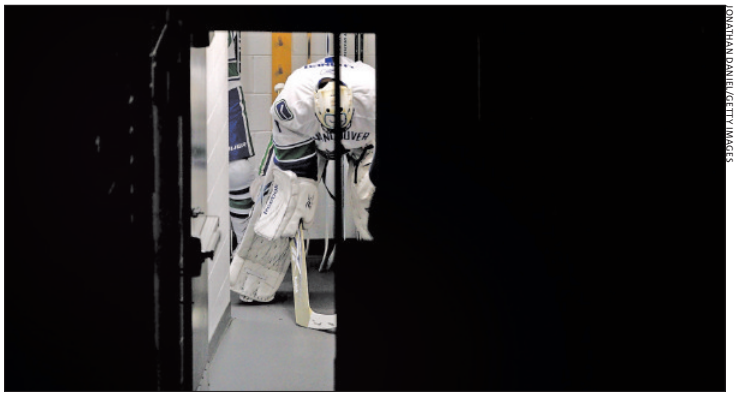
The Canucks avoided elimination by showing poise and confidence in beating the Chicago Blackhawks 4-1 Sunday night. Vancouver still trails 3-2 in the NHL Western Conference semifinal and must win tonight's Game 6 at GM Place (CBC, 6:30 p.m. PST) to push the best-of-seven series to the limit.

"It's going to get tougher and tougher every game, we know that," centre Henrik Sedin said after stepping off a flight from Chicago yesterday afternoon. "They are the favourites. They finished ahead of us in the standings.

"We have to go out there and play our game like we did the last game and try and be relaxed."

Game 7 would be Thursday in Chicago.

Many people, even hardcore fans, were ready to pull a white sheet over the Canucks after two disastrous losses at GM Place left Vancouver down 3-1 in the series.



JONATHAN DANIEL/GETTY IMAGES

Vancouver Canucks goalie Roberto Luongo waits in the tunnel for player introductions before Game 1. Luongo say his team will need to step up their game tonight to beat Chicago.

Ruptured testicle?

- Coach Alain Vigneault refused to reveal any more details of the injury to defenceman Sami Salo.
- The often-injured Finn was taken to hospital in Chicago after being hit in the groin area by a Duncan Keith shot at the end of the second period. Vigneault refused to comment on speculation Salo suffered a ruptured testicle.

"Will is a big part of it," said defenceman Kevin Bieksa, who scored twice and added an assist in Sunday's win. "We're a desperate team right now because if we lose, we go home."

Goaltender Roberto Luongo shook off some criticism from his own coach and was nearly unbeatable in stopping 29 shots on Sunday. The Canucks refused to be intimidated by Chicago and didn't retaliate to cheap shots, even when Daniel Sedin took a vicious slash to his ankle.

Vancouver killed four penalties and scored once on the power play. The Canucks stopped Chicago from making stretch passes out of their own end and prevented the Blackhawks from creating a traffic jam in front of Luongo.

Mission accomplished. Now they have to do it again. Then again.

"We all have to step it up as a team," said Luongo. "If we want to move on we have to play the best hockey we have played all year as a team."

THE CANADIAN PRESS

Cammalleri comes through as Canadiens force Game 7

(Series tied 3-3)

Penguins 3 Canadiens 4

VS

Michael Cammalleri scored his 10th and 11th goals of the playoffs as the Montreal Canadiens staved off NHL playoff elimination with a 4-3 victory over the Pittsburgh Penguins last night.

The defending Stanley Cup champion Penguins had closed out five straight playoff series on the road, but with the best-of-seven series tied 3-3, they will now have to try to take this on home ice in Game 7 tomorrow night.

Defenceman Jaroslav Spacek, back after missing nine games with a virus, scored and Maxim Lapierre added the eventual game winner in the third period for Montreal, which entered the playoffs as the eighth and last seed in the Eastern Conference.

The Canadiens will play a seventh game for a second series in a row after taking top-seeded Washington the distance in the opening round.

Montreal defenceman Hal Gill, who left Game 5 after suffering a skate cut behind a knee, sat out and perhaps not coincidentally, Pittsburgh star Sidney Crosby ended his six-game scoring slump. More than 70 per cent of Crosby's shifts had been against the rangy Gill.

Kris Letang and Bill Guerin, who scored while Marc-Andre Fleury was pulled for an extra attacker, had the other goals for the Penguins. Pittsburgh outshot the Canadiens 37-25.

The crowd of 21,273 got into the game early as Cammalleri scored on the first shot of the game at 1:13. Letang lost control of the puck in the neutral zone and Cammalleri worked a give-and-go with Tomas Plekanec before beating Fleury to the glove side.

THE CANADIAN PRESS

Flyers stay alive

- Backup goalie Michael Leighton came off the bench after Brian Boucher was injured and made 14 saves to complete the combined shutout last night, leading Philadelphia to a 4-0 victory over the Bruins and helping the Flyers avoid elimination in Game 5 of the Eastern Conference semifinals. Boston now leads the series 3-2.

Injury, car crash not linked: Woods

GOLF Tiger Woods insists there's "zero connection" between the neck spasms playing havoc with his golf swing and his Nov. 27 car accident.

Woods said during a news conference yesterday that his neck started bothering him two weeks before the Masters, his first competition in five months. He brushed it off as "no big deal" and believed he could play through the pain.

That changed Sunday at The Players Championship, where Woods' creaky neck locked up. That prevented him from making his usual forceful turn on the ball on even a routine shot, and he was forced to withdraw after six holes.

"I'm at a point now where I just can't go anymore," he said.

"I want to practise, I want to play, I want to compete, but this is not allowing me to do the things that I need to do on my golf swing to hit the proper shots. I need to get to where I can do that again."

Woods said he's been taking anti-inflammatory drugs, but they have not helped. He plans to have an MRI when he returns to Orlando.

THE ASSOCIATED PRESS

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BASEBALL

YESTERDAY'S AL RESULTS

Boston 7 Toronto 6
Detroit 5 N.Y. Yankees 4
Tampa Bay at L.A. Angels

YESTERDAY'S NL RESULTS

Atlanta 8 Milwaukee 2
Cincinnati 2 Pittsburgh 1
Florida 4 Chicago Cubs 2
L.A. Dodgers 7 Arizona 3
Philadelphia 9 Colorado 5
Washington 3 N.Y. Mets 2

NHL PLAYOFFS

YESTERDAY'S RESULTS

Montreal 4 Pittsburgh 3 (Series tied 3-3)
Philadelphia 4 Boston 0 (Boston leads 3-2)

NBA PLAYOFFS

YESTERDAY'S RESULTS

Orlando 98 Atlanta 84 (Orlando win 4-0)
L.A. Lakers 111 Utah 96

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Keep learning fun during summer

Making a family dinner? Let your child help. Cooking provides lots of opportunities for kids to work on their math skills (let them do the measuring) and gives everyone a tasty payoff. **SOURCE: MSNBC.COM**

Small Scholars

EDITOR: SARAH.CAIRNS@METRONEWS.CA

Start RESP saving now

DANIEL TAM
for Metro Vancouver

Parents looking to put money aside for their child's post secondary education should do so sooner rather than later, according to a financial planner.

Andy Lau, manager at Vance Financial Group Inc., said that many parents opt not to invest money into a Registered Education Savings Plan (RESP) simply because they believe it is "too complicated."

"Unfortunately a lot of young parents think (RESP) are way too sophisticated and don't want to spend time on it," said Lau.

"They don't realize that even $25 or $30 is already sufficient for them to start a plan."

Parents thinking about saving when their child is still relatively young would benefit most from putting their money into an education fund, according to Lau.

Applying for an RESP early could qualify them for a grant of $500 from the Government of Canada as well as an additional $100 per year up to age 15.

Applying for an RESP early could qualify parents for a $500 grant from the feds.

The grant, called the Canada Learning Bond (CLB), is just one example of the benefits of saving money ahead of time.

While some parents choose to start an RESP portfolio when their child is going into high school, the amount of time they have to save up is significantly less.

"If you start RESP by the time a child has started high school, they only have about five years to accumulate," said Lau. "The money compounding on a tax deferral basis will allow you to have much much bigger chunk of money."

Not every child with an RESP will pursue further education after high school, but that does not mean the money saved up will go to waste.

Study the advantages of RESPs

The money stays in the account for up to 35 years, and the child will be able to use it should they decide to pursue more schooling later on in life.

Parents can also choose to transfer the money from their RESP account to their Register Retirement Savings Plan (RRSP) as long as they have money saved up for at least ten years.

"I do encourage the parents, do spend a couple of hours to study about the advantages of RESP," said Lau. "It's really worth the time and money for the parents to consider establishing one for their own child."

Art program strives to boost critical thinking

MINÉ SALKIN
for Metro Vancouver

The Nootka Fine Arts Program incorporates drama, music, visual arts and dance to supplement learning for students in the K-7 group, better equipping them with skills needed to succeed in secondary school.

Its aim is to strengthen critical thinking skills, boost social collaboration and to encourage curiosity about the world by inspiring artistic creativity in the four disciplines.

"We know that music education at an early age is extremely beneficial to brain development."
Kerri Wallin, principal

Kerri Wallin, Principal at Nootka Elementary, says the benefits of a fine arts education are far-reaching.

"We know that music education at an early age is extremely beneficial to brain development, and this kind of outside-of-the-box learning is great for these students who will be eventually working, especially in the arts field," she said.

The program, offered exclusively to Vancouver students, augments the standard curriculum while allotting a third of the week to fine arts lessons. Nootka Elementary offers 450 spots, admitting students based on an annual lottery. While there are no entry requirements, the program encourages children who are self-motivated and are able to work well with others.

"At the end of the day, kids with all learning needs experience a boost in self-esteem and confidence, because the arts help them to show off their talents and cultivate these skills," Walling said.

However, staffing and funding issues threaten programs such as Nootka Fine Arts.

"It's definitely a heavy teaching assignment, because instructors need to get through their core curriculum, but also get enough time for the arts," Wallin said.

Scott Goble, a researcher in curriculum at the University of B.C.'s Faculty of Education, said that recent arts budget cuts are a detriment to these educational programs.

"It's been looking a little better in the last couple of weeks, but unfortunately, it's threatening our research on the importance of these programs too," he said.

According to Wallin, equipping elementary school children with a fine arts background gives students an advantage in a cosmopolitan setting.

"Vancouver is a very cultured place, with many families invested in the arts. Let's face it, we're going to have a lot of employment opportunities in these areas," she said.

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Build away!
Working on a LEGO set is a great way for kids to keep their school skills alive. They have to follow directions, work in a sequence, and perhaps most importantly, stick with the task — something that will translate in a positive way come September. SOURCE: MSNBC.COM

Is Montessori right for your child?

LINA TOYODA
for Metro Vancouver

Finding a school for a child's early years education is something many parents try to do with great thought and care.

Even with the best intentions, finding quality childcare and the right education program for a young child can be a challenge.

Sheila Davidson, executive director of Early Childhood Educators of BC (ECE-BC), says there is a need in the province for an overarching organization that parents can go to in order to find the information they need.

"The situation today is a nightmare for families to find the right kind and appropriate early childhood education for their child. Because of a lack of political responsiveness, vision, planning and resources, we have such a patchwork of services," she said.

Davidson says a quality program looks at their group of children and then develops the curriculum and planning based on what level of development the children are at.

The Montessori classroom is a child-based "prepared environment" with hands-on learning.

Prasannata Runkel, principal at Vancouver Montessori School says the best thing for parents to do is to look at the school themselves, meet the teachers and see the environment.

"Parents know their children best so they'll know what's right for their child," Runkel says.

Montessori schools can be found around the globe and is rooted in the work of its namesake Maria Montessori, a physician and educator from Italy who developed her teaching method in the early 1900s.

The Montessori classroom is a child-based "prepared environment" with specific materials for hands-on learning.

With a strong emphasis on the five senses, learning often takes the form of perceiving concepts through multiple sensory channels like sight, sound and touch.

The materials are often designed to build upon previous learning so new concepts can unfold in later years, using the same objects.

Joanna Olsen, a mother of two Montessori-schooled children, aged nine and seven, in Hamilton, Ont., says the program focuses on the child's development, not curriculum.

"It's an open concept with child-directed learning," Olsen said. "Sounds like it would be chaos to most people. However, it is amazing to see the children working together. There are no desks. Instead, there are tables and roll-up mats for the floor, depending on age. And there is no homework or tests."

Montessori also has multi-aged classrooms. Preschool consists of three-, four-, and five-year olds, and the elementary school classrooms are divided into two age groups: six to nine, and nine to 12.

Take an interest in homework

DANIEL HENDRIKSEN
for Metro Vancouver

When it comes to homework for students in elementary schools, a lot of questions from parents arise. Why is my child getting homework at this age? How can I help him/her? How long should the assignments take? What are the benefits?

Helen Lum teaches a grade 2/3 split class at Captain James Cook Elementary. She says although the younger children don't receive homework, she does request that parents read with their kids on a regular basis.

"I personally tell the parents that they should talk to their children about what they're reading to make sure they comprehend it" says Lum. "Things like asking their opinion and other inferential questions."

Students in grades four to seven will receive anything from work that they haven't finished in class, to full-on projects.

"Homework gives the parents a chance to see what their kids are learning in school and it's a chance for the kids to get used to receiving it because they'll be getting a lot more when they get older," says Lum.

If students are having troubles, parents and older siblings are encouraged to help them, but it's important the child understands the assignment and completes it him/herself.

Although teachers see more value in the quality than the quantity of the work, it is important that homework is completed on a consistent basis.

"I always mark the student's work, and if it's not done correctly, I'll ask them to do it again," says Lum.

Homework is just as important as the work the students do in school as they can practice learning on their own and if they don't have enough practice doing the work independently, they may not do well overall.

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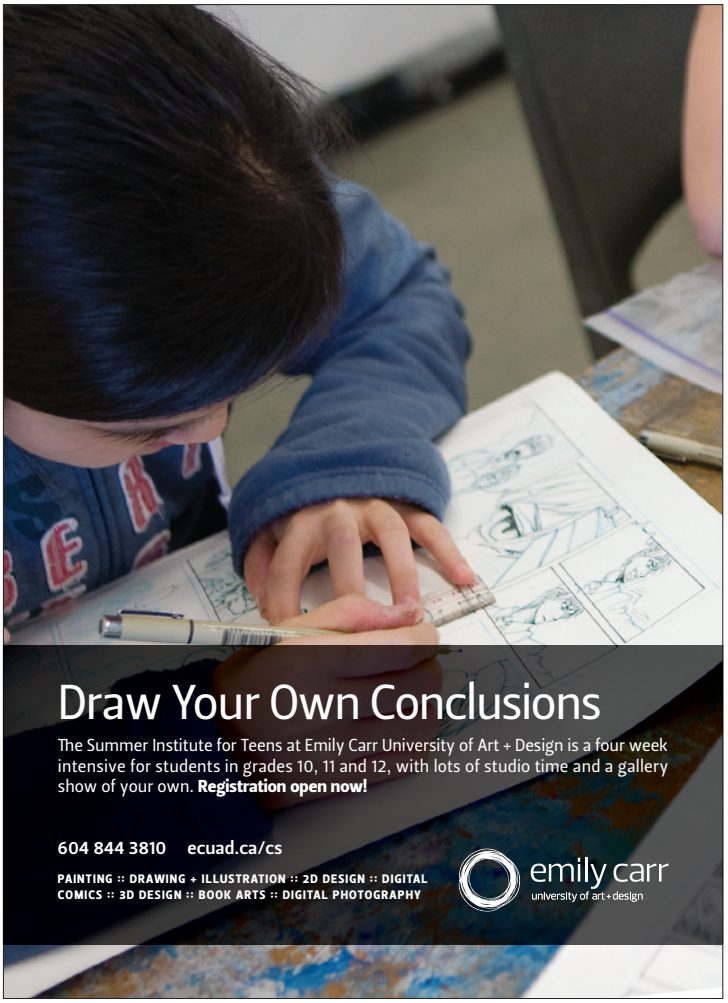
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Baking and Pastry Arts Wednesday, May 12, 10:30 a.m. – room 216	Downtown
Culinary Arts Friday, May 14, 9:30 a.m. – room 305B	Downtown
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SUBMITTED PHOTO

Multicultural liaison workers hold workshops to educate newly immigrated students on what to expect from Canadian schools.

Multicultural workers help bridge the gap

DANIEL TAM
for Metro Vancouver

Multicultural liaison workers in the Vancouver School Board (VSB) are helping newly immigrated families and students integrate into the Canadian school system by "bridging the gap" between their culture and ours.

Susanna Song, along with 23 other multicultural liaison workers, works with families to help them communicate with teachers and principals about questions parents may have regarding their child's progress in school.

"We help students with registration, course selection, parent-teacher conferences and progress and behaviour issues," said Song, who works with Cantonese- and Mandarin-speaking families. "They need a lot of help with translation, and communicating with the school, counsellors and teachers."

Among the 24 multilingual workers, the team can speak a variety of Chinese and South Asian languages, as well as Spanish, Vietnamese, Korean, Filipino and Khmer.

Through meetings, phone calls and workshops, the team members strive to help parents understand how the Vancouver school system works.

"We have different cultures and people think in different ways," said Song. "Some people don't really care about plagiarism or cheating, and sometimes they try to please the counsellor or principals by bringing them gifts and not making appointments when they want to come talk to them."

Multicultural liaison workers are responsible for working with families and helping them understand what is acceptable and what is not in the city's school system.

> **"I think that if the school board were without multicultural liaison workers, they just wouldn't be able to function with a lot of families."**
> Susanna Song, multicultural liaison

"We do a lot of workshops to try to education them and tell them that in Canada, we do things this way," said Song.

Team members also communicate with schools and help them by providing orientation for new students, identifying the needs of English as a second language (ESL) students and translating for teachers and counsellors.

"I think that if the school board were without multicultural liaison workers, they just wouldn't be able to function with a lot of families," said Song. "A lot of them don't know who to call or who to talk to."

Burger-scented candles
Fans of fast food chain White Castle's oniony hamburgers have a new way to indulge without any calorie guilt: a scented candle infused with the burgers' aroma. Proceeds from the sale of the $10 candles will benefit Autism Speaks. TORSTAR NEWS SERVICES

Food

For a fragrant kitchen

For a scent that blends well with the aromas of your kitchen yet is gentle on the environment, try out Fruits & Passion's new Cucina water-based sprays ($14/150 ml). The formula contains no hydrocarbons, alcohol or DE/DEH phthalates and is delivered in a recyclable container. The fragrance combinations include Pink Pepper and Anise, Lime Zest and Cypress and Coriander and Olive Oil, to name a few. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

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Food + wine

You heard it here first folks: Most rules about wine are as relevant today as The Backstreet Boys. While I'm all about busting liquid myths (stop smelling those corks people!) the old adage that most wines taste better with food is true.

Not that you can't drink what you want when you want; it's just that after a decade or so of fruit bomb wines with head-pounding alcohol levels being the stars of the shelves, wine shops are finding that the food-friendly subtleties of the juice from countries like Italy, France and newcomer Argentina, are starting to kick some corks sales wise.

If there's a myth portion to the "wine needs food" idea it's that by food I mean a huge meal. Nope, I'm just as apt to keep things simple and Mediterranean (with a plate of sliced meats, a little cheese and some bread); especially if I want the wine I'm having to take centre stage.

Give the match a try with a ripasso wine from Italy. The **2006 Folonari Valpolicella Classico Superiore Ripasso** ($16.95 - $18.99) has deep plum-infused fruit while the **2005 Pasqua Sagramoso Valpolicella Superiore Ripasso** ($16.90 - $22.99) is a bit richer and raisiny.

The great steak adventure

Schatzker tells us to trust our taste buds and avoid consuming feedlot beef

RICK MCGINNIS
for Metro Canada

While searching the world for the best steak — a quest chronicled in the book he has starkly named Steak — writer Mark Schatzker had what can only be described as a man's dream adventure.

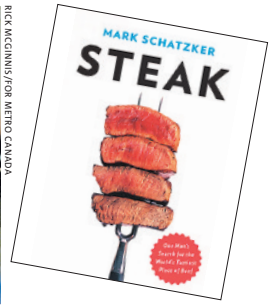
He went on countless road trips, visited innumerable steakhouses, connected with long-lost relatives in Argentina, shopped in Tokyo's surreally high-end food emporiums, and even got to play cowboy on the grassy hills of Idaho.

The Globe & Mail columnist and travel writer spent three years trying to come to what he describes as the "Grand Unified Theory of Steak" — cutting through the thicket of "facts" favouring marbling or grain- versus grass-feeding, into the denser scientific realm of hexane, beta-agonists, one-octen-3-ol and Maillard reactions. (The latter, in case you were curious, is what gives steak its tasty brown crust on the grill.)

A despairing early chapter of the book sees Schatzker in Texas, lost in steak country and seemingly unable to find a decent piece of beef anywhere he goes. "None of the beef I had was good," Schatzker recalls. "In a way there was no point in even going to Texas because you could eat that beef in New York. That's just where it's coming from — it's all fed the same way. The taste of American beef today is all controlled by a handful of feedlot nutritionists."

RICK MCGINNIS/FOR METRO CANADA

Writer Mark Schatzker embarked on a "man's dream adventure" for research for his new book Steak.



"Steakhouses are kind of like Disney — they sell you a themed experience. You could go in there and pretend that you're in a saloon or a gentlemen's club."
Mark Schatzker, author of Steak

The feedlot — vast fattening pens darkly described by Schatzker as thick with clouds of fecal matter kicked up by the hooves of thousands of milling cattle — is the source of most of the beef we eat, fed on steamed and flaked corn to promote rapid growth of muscle and fat, a marvel of industrial agriculture far from the grassy open fields and slow maturation that Schatzker becomes convinced is the key to truly tasty steak.

And if industrial beef production is the problem, the modern steakhouse is just a distraction. "Steakhouses are kind of like Disney — they sell you a themed experience. You could go in there and pretend that you're in a saloon or a gentlemen's club — Lone Star or Ruth's Chris, it's the same thing. Some of them put a rub on them and some of them drown them in butter but it's the same steak. There's no flavor; they add something in the kitchen, just like they add something to their decor."

Ultimately, Schatzker thinks we should trust our own taste buds, ignore experts, and demand beef raised far from the feedlot.

"I think everyone needs to go a bit more slowly and stop worrying about consensus. I think this comes from wine culture, where everybody wants to be a connoisseur and there's a real fear of looking ignorant — they want to talk the talk and wear the ascot and make pronouncements about vintages and 'that was a dry summer.' I think that's BS."

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Taylor Swift is Covergirl's new, well, covergirl
The 20-year-old multi-platinum singer just finished shooting her first ad campaign for the beauty giant. The images are scheduled to be released in Jan. 2011 when she'll start representing a new line of luxury Covergirl products. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Not all fat is created equal

CELIA MILNE
for Metro Canada

If you have thin hips and a big belly — the famous muffin top — you're probably more at risk for disease than someone with a big bum and a small waist.

While you can't change your shape, you can shave off that belly fat by running and walking.

The dangerous fat is visceral fat, which lurks inside us, padding the spaces between our abdominal organs. It's far more sinister than regular (subcutaneous) fat, which lies between the skin and the abdominal wall — and jiggles when we move.

"Belly fat is more biologically active than skin fat, meaning it doesn't just sit there — it produces hormones and other chemicals that affect metabolism by increasing blood fat levels, promoting diabetes and high blood pressure," says Dr. Arya Sharma, a doctor in Edmonton and scientific director for the Canadian Obesity Network.

He points out that visceral fat can cause thickening in the arteries leading to the heart. And in his blog (drsharma.ca) he mentions that visceral fat can also cause thickness in the arteries that lead to the brain.

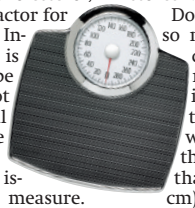
"Visceral fat can release substances that influence the production of 'bad' cholesterol, another risk factor for heart disease. Interestingly, it is possible to be obese and not have visceral fat, and vice versa."

Two studies — one from Korea and one from Ireland — found that those with visceral fat had thickened carotid arteries. This puts people at risk for heart attack and stroke.

A Harvard University newsletter also warns that visceral fat lies close to the portal vein, which carries blood from the intestinal area to the liver. Visceral fat can release substances that influence the production of "bad" cholesterol, another risk factor for heart disease. Interestingly, it is possible to be obese and not have visceral fat, and vice versa.

ISTOCK

Visceral fat is more dangerous than "regular" fat as it produces its own hormones, affecting metabolism and increasing blood fat levels.



Visceral fat isn't easy to measure. Measuring BMI (body mass index) tells you whether you are normal, overweight or obese — a BMI over 25 is considered overweight and over 30 is considered obese. But it doesn't indicate how your body stores fat and muscle.

Doctors nowadays also measure waist circumference, which reveals whether fat is stored around the belly. For women, a waist that measures more than 35 inches (88 cm) is considered quite risky. For men, 40 inches (102 cm) is bad. A third test — waist-to-hip ratio — is also important. It calculates the difference between your waist circumference and your hips (you want a high number there). Pear-shaped people tend to have less visceral fat than apple-shaped people.

What can you do if your doctor says you have visceral fat? You guessed it! Exercise. A study at Duke University found those who walked or jogged regularly made a significant dent in their visceral fat.

"Any weight loss, especially if combined with exercise, will help reduce belly fat," says Dr. Sharma.

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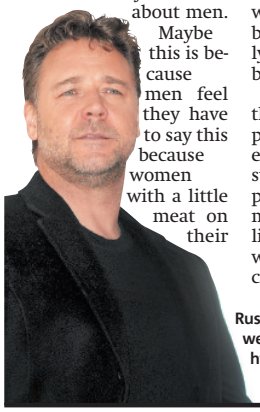
Sephora launches exclusive tokidoki makeup line

Based on the whimsical anime universe, tokidoki, created by Italian artist Simone Legno, each makeup case and compact is inspired by tokidoki's cast of colourful characters and is packed with high quality pigments and beauty tools. METRO NEWS SERVICES

Heft and the heart

The J Spot

I like my women with a little meat on her bones." While men will say this about women, you rarely hear women say the same about men.



Russell Crowe has put on some weight recently. Does that make him less attractive to women?

Maybe this is because men feel they have to say this because women with a little meat on their bones are made to feel like they will automatically be less desirable and therefore must be reassured they are still indeed dateable while meaty men don't feel the same pressure?

After all, I don't think I've ever heard a man say, "Do these jeans make my butt look big?" as a roundabout way of looking for reassurance from his partner that she is still physically attracted to him. And, on practically every married couple sitcom, the wife is a perfectly shaped babe while hubbie's usually, well tubby and none too bright.

I don't think it's so much that women as a rule simply prefer their men meatier and dumb (though I'm sure some do, the meatier part that is, just as some men genuinely do prefer a little meat on their women's bones) but because socially, it is more acceptable for men to be heavier than it is for women.

Also, because women live with the pressure to be thin their whole lives, they are possibly more accepting of a less than perfect body on a man. But maybe I'm giving women way too much credit. Because when it comes to physical attraction, women and men can be equally shallow.

A man may say he likes a little meat on a woman's bones, but I guarantee he wouldn't feel the same if all that extra meat was concentrated entirely around her middle and her thighs. And, while women may be a little more forgiving, given the choice between her dream guy having six-pack abs or a gut from drinking too many six packs, she'd opt for door number one.

We are a fat-phobic society. Remember that short-lived reality show last year More To Love, featuring heavier women vying for the love of one equally hefty bachelor? Most of these women had either never dated or spent their whole adult lives being passed over for thinner girls.

I remember one woman describing the show as her last resort in her attempts to meet someone. Though come to think of it, little fuss was made over the size of the bachelor these women were vying for.

He was in no way trim but none of the girls seemed to think this was an issue. So maybe women are more accepting of a guy with a little meat on his bones.

What do you think? Are women more accepting of heavier men than men are of heavier women? Go to The J Spot online at metronews.ca to leave your comments.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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SUGGESTED AMOUNT = *1/3 Cup
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This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of Nutracleanse into 2/3 cup milk or juice and drink.
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NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

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Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION 30 g serving = 1/3 cup	
Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g

INGREDIENTS
NutraCleanse contains the following all-natural organic ingredients:
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Cheadle honoured by UN

Don Cheadle is set to be honoured as a United Nations Goodwill Ambassador for his work to save the planet. The Hotel Rwanda actor first teamed up with the UN last year to front its climate change campaign, urging world leaders to sign a treaty limiting greenhouse gas emissions. FEMALEFIRST.CO.UK

Entertainment

Open Heart

Barbara Walters, 80, says she will have surgery later this week to replace a faulty heart valve. The television legend made the announcement yesterday on ABC's The View. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

A history of protest

Canadian bands Stars, left, and F—ed Up, right, have taken different approaches to protesting an Arizona immigration law.

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

A couple of weeks ago a debate broke out on Twitter between Montreal indie rockers Stars and Toronto hardcore band F—ed Up. Stars wanted to boycott playing in Arizona until the state's recently passed law — which allows police to search for illegal immigrants by randomly asking people for ID — was rescinded.

F—ed Up thought that was the wrong approach. "Why not keep playing Arizona, using the shows as an opportunity to engage the people there to get involved," wrote frontman Damian Abraham.

I'm with Abraham on this. A boycott by a Canadian band, which is mostly unknown in Arizona, isn't likely to have much of an effect on the law.

But if enough musicians get together and galvanize the American public they may just be able to get this policy changed. It's happened before. Here are three moments where the power of music has led to social change.

Emancipation

Protest music took two forms in the 18th and 19th centuries — whites singing songs about abolition to other whites, and African Americans' singing spirituals, like the passionate Go Down Moses. Other songs, such as Wade in the Water, included instructions on the path black slaves could take to freedom. It was these songs that kept the fight for abolition going.

Labour rights

Most of us wish we could work less, but there was a time when long hours and low pay were the norm.

Through the music of artists such as Woody Guthrie and Pete Seeger, and now Billy Bragg, songs about labour rights helped organize oppressed workers and gave people a reason to keep pressing on.

One of the most popular pro-union tunes is Ralph Chaplin's Solidarity Forever, which Seeger made famous. "Solidarity forever, for the union makes us strong," goes the infectious folk chorus, which has been sung by countless picketers around the world.

Vietnam

When most people think of protest music they think of Vietnam. This was when some of folk and rock's most famous musicians took to the streets to promote peace.

There was Bob Dylan's Blowin' In The Wind, a song that was used in the anti-war and civil rights movements, Joan Baez's Saigon Bride with the lyrics "How many children must we kill, before the waves stand still?", and Jimi Hendrix's famously fuzzy version of Star Spangled Banner.

With many big name artists protesting the war, students across the country demonstrating and American casualties increasing, the U.S. government had no choice but to withdraw in 1973.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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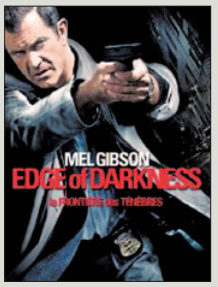
Siblings win The Amazing Race
Daniel and Jordan Pious slid into first place to win The Amazing Race. The distinctly different siblings from Barrington, R.I., crossed the finish line first in San Francisco to take home the CBS reality series' $1 million grand prize. THE ASSOCIATED PRESS

DVD picks



Edge of Darkness

Director: Martin Campbell

YOU MIGHT WANT to check your calendar while watching this paranoia thriller, and not just because it represents Mel Gibson's return to top-line action for the first time in eight years.

Edge of Darkness feels more like something from the shifty 1970s or 1980s than the supposedly enlightened 2010 of pro-ecology governments and corporations. The idea of politicians and capitalists conniving to put nukes ahead of safety and ethics seems more in line with Ronald Reagan's first term of office than Barack Obama's. And indeed, this is based on a 1985 BBC miniseries, directed by Martin Campbell (Casino Royale), that Campbell and writers William Monahan and Andrew Bovell have re-purposed for the big screen.

A large amount of compression was necessary to take the original five hours down to around two, but the plot holds up well enough, thanks to Gibson's tense performance and a Ray Winstone's spooky supporting turn. Gibson is Thomas Craven, a widowed Boston police detective, whose life goes to pieces when his only child Emma (Bojana Novakovic) is murdered by an unknown assailant.

It's not a fast-moving thriller, but that suits Gibson's older and heavier reality. And it's nice to watch a movie where we get a chance to connect the dots before the bullets start flying again.

Extras include additional and alternate scenes and, on the Blu-ray disc, several making-of and backgrounder featurettes.

Peter Howell/for Metro Canada

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Ridley in the Hood

Veteran director brings own twist to Nottingham

Russell Crowe, left, and Ridley Scott renewed their collaboration for Robin Hood.

NED EHRBAR
Metro World News

After more than 10 years of collaboration with Russell Crowe, veteran director Ridley Scott has gotten used to late-night phone calls.

"Sometimes with Russell, you've just gone to bed, maybe had too much to drink, and it's about quarter to one in the morning and the phone goes. And I go, 'Oh, s—, it's Russell,'" Scott says with a grin. "He usually calls from Australia and says, 'All right? I hope it's not too late.' And I say, 'Well actually, it is.'"

Robin Hood opens Friday

It was just such a phone call that spawned their latest film — their fifth together — Robin Hood. During one particular late-night call, Crowe presented Scott with an idea.

"He said, 'I've got this Robin Hood thing.' And I said, 'All right, let me read it.' So we got into it, and I said, fundamentally, with deepest respect to the chaps who wrote it, it needs a lot of work," Scott remembers. "And that's what we did. We got into the reworking of it."

That reworking ended up taking more time than expected, Scott admits, as the Hollywood writers' strike brought their rewriting to a halt. One thing that needed to change, Scott knew, was the title.

"At the time it was called Nottingham, which I think threw everyone into a tizz thinking, 'How cool.' And I hate that word, cool," Scott sneers.

"Because what does 'cool' mean? All it is is you're going to call a film Nottingham, and you're going to spend half your marketing explaining why you've called it Nottingham and not Robin Hood. So I said we should just call it Robin Hood and start again."

With the new, simpler title in place, the film is ready to premiere tomorrow at the Cannes Film Festival — something Scott hadn't anticipated. "I know the Cannes festival tries to protect itself by being only about high-brow thinking in movies, but I think they've changed," he says. "They've realized that actually commerce does come into it. But you don't put a high-budget movie in Cannes in competition. I wouldn't do that. But they saw the movie and said they'd like to open the festival with it, which is really nice."

The director also admits he thought his Robin Hood might cause a bit of a stink in Cannes, since the French don't fare very well in his film.

"I didn't realize we were going to be opening the film in Cannes," he admits.

"The French, who hate to be beaten at anything, are going to hate it. When it was run for the committee, the eight guys watched it, and I said, 'And?' And I thought they were all going to say, 'But, you know you kick our ass at the end?' And they said, 'It's fine.' And I said, 'Um, were you watching it?'"

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	250	321	9 CTV	etalk (CC)	Access H.	American Idol (CC)		Lost "Across the Sea" (N)		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Aleister Crowley"		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Borderland" (N) (CC)		Glee "Laryngitis" (N) (CC)		The Good Wife "Unplugged"		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Dancing With the Stars (CC)		The Middle	Old Christine	(:02) V "Fruition" (N) (CC)		A News (N)
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	291	383	27 PBS	West Coast	Steves Europe	NOVA (CC) (DVS)		Frontline/World (N)		Independent Lens (N) (CC)		No Kidding
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		Glee "Laryngitis" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline/World (N)		Foot in Grave	You've Gone	Tavis Smiley	Charlie Rose (N) (CC)		NOVA (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Case
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Javianna" (N) (CC)		Life Unexpected (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
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	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	63 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	53 CNN	Anderson Cooper 360 (N) (CC)				Larry King Live		Anderson Cooper 360		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Tampa Bay Rays at Los Angeles Angels of Anaheim.					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Boxing Carl Froch vs. Mikkel Kessler.			Planet Speed	SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
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	416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
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	553	546	58 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Frontiers of Construction		Alternative Medicine (CC)		Autism: The Musical ★★★ (2007, Documentary) (CC)				Mom's Home
	575	583	60 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	62 MM	Degrassi: TNG	disBAND	UR11		Gossip Girl (CC)		Styl'd		MuchMeg
	600	564	63 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	81 A&E	Criminal Minds "The Tribe"		CSI: Miami "Dissolved" (CC)		(:01) Criminal Minds Cults.		(:01) Criminal Minds (CC)		Criminal
	628	584	82 SPKE	Deadliest Warrior (N)		Deadliest Warrior		The Ultimate Fighter		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	84 TLC	Chocolatiers	Chocolatiers	19 Kids and Counting (CC)		19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Best Food
	616	522	86 SHO	Relic Hunter (CC)		The Wives He Forgot (2006, Suspense) Molly Ringwald. (CC)				Californication	Secret Diary	(:15) NCIS
	620	523	90 BVO	Spectacle: Elvis		Law & Order "DWB" (CC)		Without a Trace "Blood Out"		A Hard Day's Night ★★★ (1964) (CC)		
	601	562	91 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Housewives/OC		Housewives/Atl.		Runway
	520	505	92 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch (CC)		How It's Made
	522	506	94 HIS	Aftermath "Red Giant" (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	The Real Robin Hood (CC)		
	627	528	95 SPC	Fringe "Northwest Passage"		InnerSpace	Stargate SG-1 "Lost City"			Star Trek: Next Generation		Star Trek: Voyager (CC)
	294	650	97 TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	98 TROP	The Celebrity Apprentice (N) (CC)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	99 FN	Chefs vs. City New Orleans.		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	96 AMC	Poseidon Adv.	(:45) AMC Storymakers (CC)			(:45) Gangs of New York ★★★ (2002) Leonardo DiCaprio.			Dragon: The Bruce Lee Story	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	320	621	30 CEN	(6:30) Web of Lies (2009) (CC)		Drag Me to Hell ★★★ (2009) Alison Lohman.				(:45) Twilight ★★ (2008, Romance) Kristen Stewart. (CC)		
	581	566	101 MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted (N)	CrazyLove	Doc "You Gotta Have Heart"		Project X ★★ (1987, Drama) Matthew Broderick, Helen Hunt.				Unscripted
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Glee
A sore throat has a serious impact on Rachel's (Lea Michele) singing voice, throwing her into a panic. Kurt (Chris Colfer) tries to impress his father (guest star Mike O'Malley). Puck (Mark Salling) hatches a plan to elevate his social status. Matthew Morrison and Jane Lynch also star in the new episode "Laryngitis." 6 PM on STR; 9 PM on GTV FOX

The Good Wife
Huh. You know, with everything else going on, we totally had forgotten that Alicia (Julianna Margulies) has been in a season-long competition with Cary (Matt Czuchry) for a permanent position with the law firm. Tonight the winner is announced, and not to get all spoilery, but we're guessing you have only to check out who's playing the title role on the show to predict the outcome. Paige Turco guest stars in the new episode "Unplugged." 10 PM on CBS, GTV

Romijn marvels at her twins

Rebecca Romijn is shocked at how different her twin daughters are, femalefirst.co.uk reports. The 37-year-old actress — who had twins Dolly Rebecca Rose and Charlie Tamara Tulip takes delight in watching how her non-identical girls' personalities are changing. METRO NEWS SERVICES

Celebrity Buzz

Lohan's stock dropping

ANALYSTS CONCERNED STOCK DROP MAY AFFECT CANADIAN DOLLAR Online stock-trading company E*Trade has filed a motion to dismiss Lindsay Lohan's lawsuit against them as meritless, according to TMZ.

Lohan filed suit in March claiming the company's Super Bowl ad featuring a "milkaholic" baby named Lindsay was a dig at her. "We believe in the merits of the lawsuit and will be defending it vigorously," Lohan's lawyer tells TMZ in response to the latest motion.

Meanwhile, Michael Lohan is less than thrilled about daughter recent announcement that she'll star as adult film actress Linda Lovelace in a movie about the Deep Throat star's life. "Mark my words, it's a blunder and the film will flop," he tells Radar Online. "Lindsay doesn't need to be looking at or doing any films, music or anything right now. She needs rehab ... She will never be herself or be able to perform to the best of her ability as long as she is on prescription medication." METRO WORLD NEWS

Katy Perry tops the Maxim Hot 100 list

I'M NOT SURE PERRY BEING DEEMED HOT QUALIFIES AS NEW NEWS Katy Perry earned the top spot in Maxim magazine's annual Hot 100 list of the world's hottest women.

"She's the best friend you suddenly realize you've loved your whole life," the magazine's editors say. "The rad chick who taught you to skateboard and whistle and also looks unbelievable in a bikini."

Coming in at No. 2 is swimsuit model Brooklyn Decker, who is currently filming a movie opposite Jennifer Aniston. Zoe Saldana. Blake Lively and Megan Fox round out the top five. METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE takes to Twitter to give her estranged daughter romantic advice, **JOHN CUSACK** wants to meet Banksy, **SARAH BROWN** is finally relaxing after heavy campaigning, and **MATTHEW PERRY** is disappointed with technology.

@CourtneyLoveUK i really hope that boy is as nice as his sweet face, cos iff not ill get him, your just like me in almost every way and i know you hate it, there's plenty of fish in the sea lining up for both of us who will treat us like princesses & not like 2nd class citizens, or damaged goods

@johncusack @Banksyart2 love your stuff man.. we gotta meet up one day.

@SarahBrown10 had lovely 24 hour family break in Scotland, glass of wine, sort of a lie in, good to see many Fife friends at local church now back again

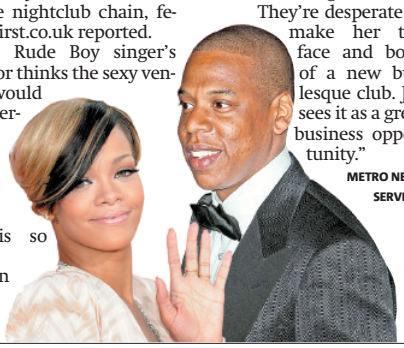
@langfordperry So I'm reading a book on my new ipad....but can't the ipad read it for me? Do I have to do everything?

METRO NEWS SERVICES

Jay-Z pushing Rihanna to front burlesque club

IN ANY OTHER INDUSTRY THIS WOULD RESULT IN A SEXUAL HARASSMENT SUIT Jay-Z wants Rihanna to be the sexy face and body of a new burlesque nightclub chain, femalefirst.co.uk reported.

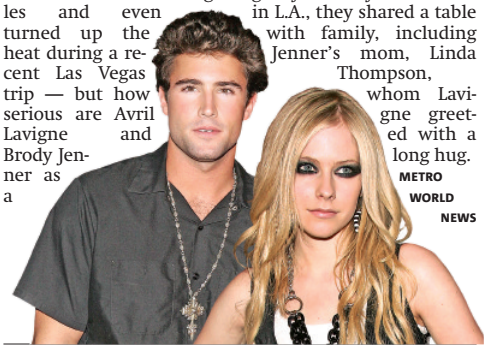
The Rude Boy singer's mentor thinks the sexy venture would be perfect for her because she is so well known for her curvaceous body and racy stage outfits. A source told the Daily Star newspaper: "All the top people think she's smoking hot ... They're desperate to make her the face and body of a new burlesque club. Jay sees it as a great business opportunity." METRO NEWS SERVICES



Avril, Brody get closer

IS IT STILL COOL TO BLEND CELEB COUPLE NAMES? 'CUZ BRAVRIL SOUNDS LIKE A HEADACHE MEDICINE They've been getting cozy at clubs around Los Angeles and even turned up the heat during a recent Las Vegas trip — but how serious are Avril Lavigne and Brody Jenner as a couple? Looks like they've already met the parents, people.com reports.

At Friday's Race to Erase MS gala at the Hyatt Regency Century Plaza Hotel in L.A., they shared a table with family, including Jenner's mom, Linda Thompson, whom Lavigne greeted with a long hug. METRO WORLD NEWS



Rude comment helping Erin's DWTS chances

HOW INSPIRING Erin Andrews was never the favorite to win Dancing With The Stars, generally always trailing behind Pussycat Doll Nicole Scherzinger and Olympic Gold Medal winner Evan Lysacek.

However, all that changed last week when The View host Elisabeth Hasselbeck made some very controversial comments regarding Erin's costumes and her stalker, popeater.com reported.

"Elisabeth's comments have not only made Erin more determined to win, but have also given every woman in America who has ever been made fun of because of what they wear or how they look a champion," said a Dancing insider. METRO WORLD NEWS

Brown proposes to Etheridge

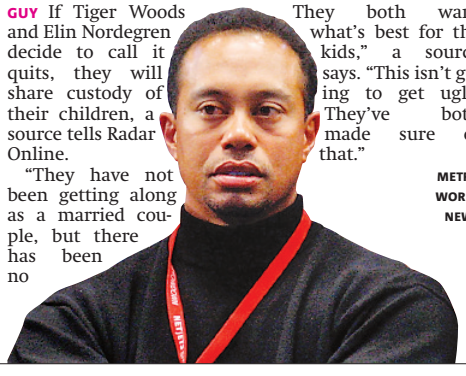
MAYBE SHE NEVER HEARD ABOUT HIS PAST During a recent Florida concert, Bobby Brown surprised fans by proposing to girlfriend Alicia Etheridge on stage, according to People magazine.

The couple have been together for three years and have an 11-month-old son together. Brown was married to Whitney Houston for 15 tumultuous years. "We shouted, we screamed. We support him," a fan says of witnessing the proposal. "Hopefully he'll get it right this time." METRO WORLD NEWS

Custody not an issue: Source

SEE? HE'S STILL A STAND-UP GUY If Tiger Woods and Elin Nordegren decide to call it quits, they will share custody of their children, a source tells Radar Online.

"They have not been getting along as a married couple, but there has been no conflict over the children. They both want what's best for the kids," a source says. "This isn't going to get ugly. They've both made sure of that." METRO WORLD NEWS



Miller joining Kabbalah?

SCIENTOLOGY WAS ALL FULL Sienna Miller has prompted speculation she has converted to Kabbalah, after stepping out in New York wearing the faith's bracelet, femalefirst.co.uk reports. Madonna, Gwyneth Paltrow and Britney Spears are all followers of the Jewish discipline — and it seems the Alfie actress is following in their footsteps. She has been spotted attending the Kabbalah centre in the Big Apple and wearing the signature red string bracelet which, according to Kabbalah texts, protect wearers from negative forces. A source tells Britain's Mail on Sunday, "Sienna has joined Kabbalah and started wearing the red bracelet.

"She certainly seems fascinated, and with so many famous devotees, joining won't do her career any harm either." METRO WORLD NEWS

Khloe's mom wants grandkid

THAT'S A LOT OF PRESSURE ON LAMAR Khloe Kardashian's mother is desperate for her to get pregnant, femalefirst.co.uk reports.

The socialite — who married basketball player Lamar Odom last September — is being pressured by Kris Jenner, who is desperate to become grandmother for the second time. Kris — whose other daughter Khloe Kardashian has a five-month-old son Mason — told Us-magazine.com: "She better step it up because I need another grandchild!" METRO NEWS SERVICES

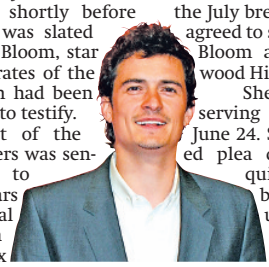
Starlet gets jail term for Bloom break-in

MAYBE SHE WAS SHOOTING A GUERILLA-STYLE CRIBS A reality starlet accused of burglarizing Orlando Bloom's house pleaded no contest yesterday to felony burglary and was sentenced to up to six months in county jail, after reaching a deal with prosecutors.

Alexis Neiers, 18, an aspiring model who has been the subject of the E! Entertainment Television reality show Pretty Wild, entered the plea shortly before her trial was slated to begin. Bloom, star of the Pirates of the Caribbean had been expected to testify.

As part of the deal, Neiers was sentenced to three years of formal probation and six months in county jail for the July break-in. She also agreed to stay away from Bloom and his Hollywood Hills home.

She will begin serving her sentence June 24. She had rejected plea deals that required jail time but was facing up to six years. THE ASSOCIATED PRESS



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Wednesday Variable 16° / 10°
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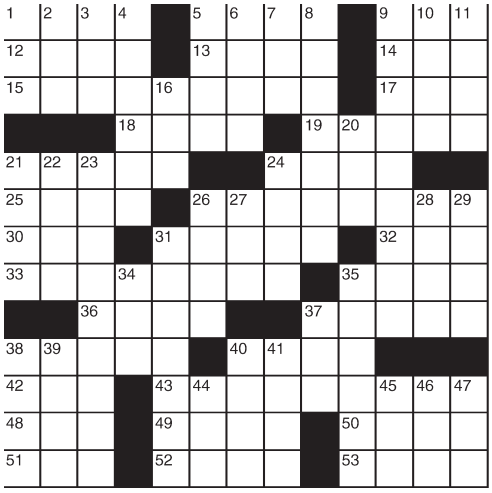
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7	6			2	1	
8						9		4
	5			4				6
	1				6	5		
			3		9			
		2	8				6	
2				7			9	
6		1						2
	8	5			4	3		

ACROSS

1 Roe provider
5 Big fusses
9 Kennel squeal
12 Day fraction
13 Surrounded
14 Rhyming praise
15 Quotable catcher
17 Solidify
18 Three-piece piece
19 Leavening agent
21 Check recipient
24 Oil cartel
25 "Once — a time, ..."
26 Parts of brains
30 Possibly will
31 Turning point
32 Diane Sawyer's network
33 One making a vow
35 Norway's capital
36 Song for two
37 Assail
38 Ecru
40 Old pronoun
42 Hearty brew
43 Sailors' chant
48 Cudgel
49 Eternally
50 Street
51 Type measures
52 "— of Our Lives"
53 Odds' mates

DOWN

1 Bashful
2 "Yoo- —!"
3 Sept. preceder
4 Strongly motivated
5 Quite some time
6 Gossip
7 Bobby of hockey
8 "Don't go anywhere"
9 Where people meet for a stretch?
10 Mid-month date
11 Hide
16 Spelling contest
20 Slithery fish
21 Gasoline dispenser
22 On — with (equal to)
23 Plans with frequent gains and losses
24 Stench
26 Atomizer output
27 Previous night
28 Competent
29 Highlander
31 Inebriated
34 Oktoberfest vessel
35 Body of work
37 Feathery neckwear
38 George Herman Ruth
39 Verve
40 Some other people
41 Not his
44 Eggs
45 A billion years
46 Possessed
47 "— bodkins!"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	A	C	E		P	R	O	
T	H	A	N	K	Y	O	U	
L	A	N	C	E	L	O	T	
			A	G	E		B	A
A	M	A	S	S		B	U	L
V	A	N	E		M	A	R	P
E	G	O		T	O	R	S	O
	I	N	K	B	L	O	T	
			A	S	A	N		T
S	L	U	R	P	S		F	O
T	U	N	A		S	P	A	M
E	X	I	T		E	T	C	E
M	E	T	E		S	A	T	

9	2	1	4	5	8	3	6	7
4	7	8	9	6	3	2	1	5
5	3	6	2	1	7	9	4	8
6	1	3	7	9	2	8	5	4
2	4	9	5	8	6	7	3	1
8	5	7	1	3	4	6	9	2
1	8	2	3	4	9	5	7	6
3	6	5	8	7	1	4	2	9
7	9	4	6	2	5	1	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Moroccan Chicken with Couscous

INGREDIENTS:

Chicken
1 lb skinless, boneless chicken breasts
1 tbsp olive oil
1 onion, chopped
2 garlic cloves, chopped
1 tsp cumin
1 tsp coriander
1 cinnamon stick
2 zucchini, halved and sliced
398 ml can diced tomatoes
1 cup vegetable broth
1/2 lb sugar snap peas
398 ml can chickpeas, rinsed

Couscous
1 cup couscous
1 tbsp olive oil
1 1/2 cups boiling water
2 tsp butter
Salt and pepper to taste
Chopped fresh cilantro pieces

METHOD:

1. Slice chicken on diagonal. Heat oil in skillet. Add chicken, onion and garlic; cook over medium-high heat, stirring, until chicken turns white.

2. Reduce heat to low and add cumin, coriander and cinnamon. Cook, stirring, 1 minute. Add zucchini and stir well, then add tomatoes with their juice and broth. Cook 5 minutes, stirring occasionally.

3. Meanwhile, put couscous in pot and pour over boiling water. Add oil. Stir, cover and leave to soak, off heat, 5 minutes.

4. Add sugar snaps and chickpeas to chicken. Cook 5 minutes, stirring.

5. Stir butter into couscous and cook over moderate heat 3 minutes, fluffing with fork. Pile couscous onto serving platter. Spoon chicken on top and garnish with cilantro.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Mercury, planet of the mind, turns in your favour today, and the most likely result is that you will adopt a more practical attitude to money matters.

TAURUS ♉
APRIL 21-MAY 21
Your mind will be working well today and whether you arrive at conclusions through logic or intuition the results will be good..

GEMINI ♊
MAY 22-JUNE 21
The deeper you go into a problem the more complicated it seems to get. Which suggests that you are trying too hard. Focus on something else.

CANCER ♋
JUNE 22-JULY 22
Make an effort to finish a task you started a while back but never got round to completing. There are new opportunities on the horizon.

LEO ♌
JULY 23-AUG 23
You may not take kindly to disagreement — and why should you when you are right and others are wrong? — but it will pay to be a bit more tolerant today.

VIRGO ♍
AUG 24-SEPT 22
You should find it a lot easier to understand opposing viewpoints today. That doesn't mean you will agree with them though.

LIBRA ♎
SEPT 23-OCT 23
Some kind of upheaval is likely today, most likely involving your finances, but there is precious little you can do about it except sit tight and ride out the storm.

SCORPIO ♏
OCT 24-NOV 22
Change is positive, change is good, and if you keep repeating that fact to yourself today sooner or later you will start to believe it.

SAGITTARIUS ♐
NOV 23-DEC 21
If you need help from those with more experience than you then now is the time to ask for it. People will be happy to point you in the right direction.

CAPRICORN ♑
DEC 22-JAN 20
You no doubt feel that you can take on the world and win, and maybe you can, but there are still issues you don't fully understand, so be careful.

AQUARIUS ♒
JAN 21-FEB 18
You may feel vaguely uneasy today but there is little to be worried about. In fact, good news about a family situation should reach you by the end of the day.

PISCES ♓
FEB 19-MARCH 20
A difficult decision will come easy to you now. Also, if you have to say something a little unpleasant now is the time to give voice to your thoughts.

This day in history

1820: Launch of HMS Beagle, the ship that took Charles Darwin on his scientific voyage.
1867: Luxembourg gains its independence.
1927: The Academy of Motion Picture Arts and Sciences is founded.
1968: The Toronto Transit Commission opens the largest expansion of its Bloor-Danforth Line, going to Scarborough in the east, and Etobicoke in the west.
1987: In Baltimore, Md., The first heart-lung transplant takes place. The surgery is performed by Dr. Bruce Reitz, of Stanford University School of Medicine.

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Malama rate – Superior rm.
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$799 +Taxes & other fees (including service charges): $140

CUBA
Santa Clara via Calgary
Meliá Las Dunas • 4★
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$839 +Taxes & other fees (including service charges): $221

DOMINICAN REPUBLIC
Samana via Toronto
Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
June 6, 13 & 20 • 1 wk.
$699 +Taxes & other fees (including service charges): $322

MEXICO
Cancun / Riviera Maya
via Toronto
Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
June 11 • 1 wk.
$909 +Taxes & other fees (including service charges): $298

MEXICO
Los Cabos
Crowne Plaza Los Cabos Grand Faro • 4 1/2★
All-Inclusive
Deluxe oceanview rm.
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$979 +Taxes & other fees (including service charges): $266

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
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$1049 +Taxes & other fees (including service charges): $266

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